



**Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.**

***-Matthew 6:9-13***

This week's Foundational scripture is Jesus' example of how we should pray. He provides us with some powerful phrases that we can pray to the Father. We are certainly not limited to these words, but they are a great foundation. There's a sense in Jesus' words that, through prayer, we are to breathe in the good stuff (the Kingdom, God's will) and breathe out the bad stuff (unforgiveness, evil). When we pray, may we take a deep, cleansing breath!

---

---

---

---

---

## Reflection:

---

---

---

---

---

---

---

---

## Questions:

1. Can you recall a significant moment when you were short of breath? What did it take for you to recover?
2. Growing up, did you learn the Lord's Prayer? Do you think the next generation is going to know these foundational words of Jesus? What can we do to help kids learn the Lord's Prayer?
3. Jesus invites us to breathe in the Kingdom. What are glimpses of the Kingdom that you have seen this week? In other words, in what way have people represented Christ well?
4. He also invites us to breathe in God's will. Is there a decision that you have recently made or you plan to make that you believe may be against God's will?
5. Jesus models breathing out unforgiveness. Is there someone in your life whom you are refusing to forgive?
6. He also invites us to breathe out evil. In what area are you dancing with temptation when you could be avoiding it all together?